TIMES-VIRGINIAN

Established 1912

"In the Heart of the Dark Tobacco Belt"

$1.50 per annum in advance.

Not fy a' once of failure to receive papers promptly and regularly.

Entered as the Post Office at Appomattox, Va., as second-class mail matter under act of Congress.

Communications must be accompanied by name and address of writer. Unsolicited manuscripts will not be returned unless accompanied by postage.

ADVERTISING RATES: Reading notices 10c per line of 7 words for each insertion.

Classified Advertisements 1c per word each insertion.

Display Advertisements—25c per inch each insertion and $2 per inch for each subsequent insertion.

Legal Advertisements—75c per inch each insertion for four weeks.

Obituaries and Resolutions—1c per word. All Cards of advertising payable in advance

A. H. CLEMENT, Editor.

THURSDAY, JULY 15, 1926

The President and the Governor will have a meeting at the President's summer home in the mountains of N. Y. Governor Smith is being groomed for the Democratic nomination by Tammany Hall. We are afraid of Tammany Hall's candidate and his religionis the least of our objections.

Disaster and Wealth

The Associated Press estimates the loss in the Dover disaster at $100,000,000, and as that news agency is usually accurate in such matters, these may be taken as the provisional figures. Assuming the average American fire-losses for the year, roughly $500,000,000, this unusual catastrophe will bring the total to some $600,000,000.

On Aug 31, 1923, it will be remembered a most violent earthquake engulfed Yokohomo and shook Tokio and the surrounding country. In desperation of property, as well as in loss of life, this was reckoned one of the major disasters of modern times. Help was sent by every civilized country. America gave more than $7,000,000 for immediate relief. Months passed before any adequate monetary estimate of the damage could be made. At last the government put down the total at 672,000,000. And all the world gasped! America, on the other hand, will see nearly as large a sum blown up in explosives or wrecked by flames during 1926, and not one American in a hundred will have any idea of the magnitude of the loss. It is an awesome thing to live in a country that has such enormous wealth—and waste it so prodigally.—News Leader.

Predicts Milk Famine Unless Dairymen Get Better Prices

American city dwellers are courting a milk famine by greatly underpaying the man who produces their milk, is the opinion of Chas. Staff, secretary of the Larrowe Institute of Animal Economies. Prices consumers are now paying for milk, makes impossible a decent living to the producer who is "fortunate if he can get $2.00 a day."

It takes a dairyman a full half hour daily to milk, feed and care for one cow, says Mr. Staff. A dairyman who has twenty cows must put in ten hours a day of solid work in looking after them. Taking the average production figures as a basis, these twenty cows will yield the dairyman a gross return of $10.00 a day. Out of this $10.00 he must charge up $6.10 for feed, hay and silage, and from the remaining $4.00 must come taxes, interest on investment in equipment and livestock, replacement of his cattle, straw for bedding, veterinary service, repairs to building and equipment, and many other miscellaneous items. Taking everything into consideration, it would be very conservative to estimate these additional expenses at $2.00 a day, so for his ten hours of hard work, commencing not later than five in the morning, winter and summer, rain or shine, a dairyman is fortunate if he gets for himself $2.00 a day or 20c an hour. This is less money than the poorest paid worker in the city, and yet it requires a man of no small intelligence to properly feed and care for a herd of cows and produce milk of a quality that will pass inspection by the Board of Health.

A drastic change in the existing dairy situation must come if the dairy industry is to be conserved, according to Mr. Staff. The number of dairy cows in the East is gradually diminishing. Young folks are not staying on the farm and as the older people reach the age when they can no longer bear the burden, they also follow their children to this city, or decide to give up their cows and live on what seems available. This is all very serious to the city dweller. If the not too distant future, it seems to me that every large city will find itself suddenly confronted with a milk famine, because the city folks have stoutly resisted all efforts of the producer to get a fair living wage for his work. And when the time of famine comes, it will be too late to correct the situation, because it takes years to build up herds of dairy cows, and it will not be easy to get dairymen back into the dairy business after they have once gone out of it.

"An increase of one cent to the farmer for every quart of milk delivered to the city home would go far toward remedying the present serious state of affairs. The difference in one month to the average family would not represent the price of a single admission to a good movie show, but the extra cent to the farmer would mean the difference between a starvation wage and a living return. If the dairyman with twenty cows was paid one cent more per quart for his milk, his net returns instead of being $2.00 per day would be $4.00 per day, and the prospects are that city folks would continue to get their milk at a reasonable price over a great many years, instead of finding themselves confronted in two or three years with the necessity of paying 18 or 20 cents a quart."

The individual dairyman can improve his own condition somewhat, by the adoption of better methods which will show him how to get the extra dollar out his business, according to Mr. Staff. A system of cost records is of prime importance. This should include the weighing of the feed and milk of each cow and the feeding of the animals according to their individual production. A saving in feed, preservation of the health of the cows and the production of the greatest amount of milk of which the cows are capable, are among the benefits to be derived from weighing the feed for each cow apportioned as closely as possible to her milk production.

ROCKS NEWS

LAST WEEK'S NEWS

Wylie Dickerson, of Lynchburg, was the week-end guest of Mr. and Mrs. B. D. Dickerson.

Little Nannie May Evans was scalded last week bad, but is getting on nicely.

Mrs. Alice Terrel and children, of Lynchburg, were week-end visitors in this neighborhood.

News reaches here from Lynchburg of the marriage of Miss Thelma Warren to Mr. Utt, we wish them much happiness.

Miss E. M. Anderson is at home after being in Montgomery, W. Va., for awhile at work.

THIS WEEK'S NEWS

Miss Dorothy Marsh is in Lynchburg, where she is at work. We wish her much success.

The "Thrashers" around here are getting busy, also the ladies with their big dinners.

Mr. and Mrs. Robert Roach, and son, of Roanoke, returned home Tuesday.

The farmers are very thankful for the nice rain we had last week.

Evelyn Terril is spending the summer with Myrle Dinkins.

The Ever Ready 4-H Club met at the home of Vesta Garrett on Tuesday night. Delegates were chosen to be sent to the district short course which will be at Hampden-Sidney. Four delegates will be sent by the club, Myrle Dinkins, Laura Inge, Vesta Garrett, and Blass Ranson.

Misses Epperly and Ranson, of Farmville, were week-end visitors in this neighborhood.

WANTED

Copies of

TIMES-VIRGINIAN

Dated May 27, 1926

Send to this office

A "Correct" Likeness of Washington

This heroic statue of the commander-in-chief of the first armies of the United States was made for the city of Portland, Oregon, though not yet delivered there by the artist. The western municipality has leased it to the Sesqui-Centennial International Exposition, opening in Philadelphia June 1 and continuing until December 1, to celebrate 150 years of American independence. Henry Waldo Poe, of Portland, designed the face to be the most correct likeness of Washington ever modeled.

Galli-Curci Swayed by the Seer of Sweden

Emanuel Swedenborg, Scientist and Theologian

Amelina Galli-Curci

Clarence W. Barron, Financial Authority

Prima Donna Gives Wonderful Interpretation of the Writings of Emanuel Swedenborg—

HENRY FORD'S Dearborn Independent publishes a remarkable article on Galli-Curci and Emanuel Swedenborg, by Clarence W. Barron of the Wall Street Journal, the world famous financial authority.

Mr. Barron declares that Galli-Curci has the most wonderful brain he has ever met or heard of in a woman, although she is much more "a true woman with a life and soul of affection for all that is ennobling and uplifting in the family, and in color, form, and music."

Mr. Barron is chairman of the Rotch Trustees, who acting under the will of Lydia S. Rotch of New Bedford, Mass., began in 1872 a modern translation of the Theological Works which Emanuel Swedenborg wrote and published in the Latin tongue, and deposited in the libraries of the world 150 years ago.

This work was completed and published by the Houghton Mifflin Co. in 32 volumes in 1907.

About three years ago there appeared in a Cleveland paper a paragraph that among her other accomplishments Galli-Curci had read all the Theological Writings of Emanuel Swedenborg. The claim seemed so absurd to Mr. Barron that he thought it might be easily punctured by a simple inquiry as to the edition.

The Bible a Greater Work Than Ever

To Mr. Barron's direct inquiry Madame Galli-Curci promptly replied: "Yes, I have read in the past year the complete Swedenborg Works, in fact it is the Rotch Edition of the Houghton Mifflin Co. that I have.

"I can say certainly that the Bible to me is a greater work than it was before."

Mr. Barron says: "My astonishment was intensified. Familiar over many years with Swedenborg's general theological writings, I at once set it as a compliment to the singer's intelligence that she should have found time to read them within a year!"

Swedenborg's Writings

Mr. Barron continues: "As an economist writing state papers on weights, measures, coinages and currencies, Swedenborg is easily comprehended. As an engineer transporting ships overland he is easily visualized. As a government official in the great mining industry of Sweden writing practical books on mining and smelting, declared to be the foundation of modern metallurgy, he is of interest in the encyclopedia of scientific history. As the writer of volumes—original studies in search for the human soul—he is not without human interest.

"But when one comes to the realm of the unseen, where there is neither time nor space upon which to rest mental conceptions, few may enter into the fullness of the revelations which has come into the libraries of the world through Emanuel Swedenborg.

"Think of twenty modern-sized volumes, originally written in the Latin tongue and unfolding from the Hebrew of 'Genesis' and 'Exodus' the internal or spiritual sense that lies beneath the letter. Annex a dozen more similar volumes that not only expound every picture set forth in the book of 'Revelation' as conveyor of a tremendous truth of universal application throughout invisible degrees of creation and life, but also illumine all the problems of sex as presented throughout the universe from the union of the love and wisdom in the divine down to sex crystallization in the mineral kingdom; include the deepest of all works ever written entitled, in the original Latin, 'Angelic Wisdom Concerning the Divine Love and the Divine Wisdom.'

Then answer to yourself the number of years that ought to be required to master these thirty-two volumes."

Mean More Than Any Other Books

Mr. Barron, still credulous, continued his correspondence with Madame Galli-Curci for some months. He learned that soon after she had her dear mother she had sought the Writings of Swedenborg in a desire to know more about the other world whence her mother had gone. She spent the entire summer vacation studying Swedenborg's Work, and declared: "They have meant, and mean more to me than anything else I have ever read."

When Galli-Curci returned from California Mr. Barron motored up into the Catskills to her beautiful Italian palace, and in an afternoon with her and her husband, Mr. Homer Samuels, he was convinced that Galli-Curci had read and devoured Swedenborg in a briefer period than anybody had ever done before.

He says of this interview:

"Hours flew like minutes. I wasn't the questioner, Mr. and Mrs. Samuels were at me with the sharpest and deepest questions. They seemed in perfect harmony mentally and spiritually, as in their work in music.

Wanted to Learn

"She wanted to know about the 'Great Men'. I told her it would be easier to comprehend it if she would forego the idea of time and space and consider, as Swedenborg says in The Apocalypse Explained, that every society in the heavens connects with some organ of the human body and helps to sustain it. Therefore the heavens have the organization of the 'Grand Man', but we need not think of it as a shape or figure.

"Yes, exclaimed the husband, I see it; it is organization.' I explained, then, how the 'Celestial Heaven' connected with every society of the heavens, and how the world within and without was knit together in one grand poem and song of creation, man in the image of his Maker and knit into Him through the heavens, from which he has life in every organ of his body.

Swedenborg's 32 Volumes Read in a Single Summer

"'Now I understand,' she said, and asked me for explanation of other things. Her intelligent questions, as well as her statements, left no manner of doubt that Galli-Curci had performed the stupendous feat of reading the thirty-two volumes of Swedenborg in a single summer season. She declared 'Heaven and Hell' a very attractive and popular title and concerns that about which people are most eager to know; but it is not one of Swedenborg's great works; although it makes a good popular and introductory work."

A Help in Her Work

Galli-Curci understands the writings of Swedenborg even better than theologians, because she puts them into practice in the broadest life of loving helpfulness.

She said that Swedenborg had helped her in her work. She had no longer to think of herself but of her audiences, and let the music flow through her; regard herself just a medium for life to pour through. She felt with and for her audiences, and singing was no effort for her.

All Fear Vanishes

"The more you do—the more you give forth—the more life and energy is poured into you, and you are stronger and not weaker for the doing, the working and the singing. I always feel stronger; I am not exhausted at all by my singing. Swedenborg shows the reason and how life comes in as you pour it forth usefully to others. You don't have to try or worry or fret. You know it is not you but that it is just being done through you."

Speaking further of the help Swedenborg had been to her in her work she said: "One gets so much more confidence. The other world and the one life, that comprehends all life, becomes reality and all fear and worry vanish."

The best insurance policy is one written correctly at the lowest price. Apply for such a policy to

A. H. CLEMENT.

Reports Man-Ape Tribe Akin to "Missing Link"

London.—A dispatch to the Daily Express from Johannesburg, South Africa, tells of an unnamed traveler who reports having encountered in the northern Kutange district of the Belgian Congo, a curious tribe of natives whose physical characteristics suggest the missing link."

The traveler described one individual as half man and half ape. He was six feet tall and had an exceptionally long arm, a projecting jaw and a receding forehead. He had the normal human head, woolly hair, startling black eyes, a straight beard and was of exceptionally powerful physique.

California Man Possesses Smallest New Testament

San Francisco.—Possession of the world's smallest New Testament is claimed by Charles Hedstrom of 3243 Sixteenth street, San Francisco.

Clearly printed and containing the entire New Testament, the book is but five-eighths of an inch in length, half an inch wide and a quarter of an inch thick.

The miniature book was given by a Samoan Islands headsman as his most valued possession to the wife of a sea captain, who in turn presented it to Hedstrom. It was printed in 1895 in Glasgow, Scotland.

South African Tables to Get Novel Steaks

Capetown.—Shark steak, like whale meat, which became popular on the tables of visitors to the United States some years ago, has been placed on the South African market as a side issue of a scheme to gain cheap supplies of shark leather. The tail is considered the best cut for steaks.

Fins from sharks caught in China, the Archipelago, the Gold Coast, New Zealand and Japan, the chief drive back to shark meat is its oiliness, but dealers here say a process has been discovered to extract much of the oil without much expense.

CREEK INDIANS CLAIM MILLIONS

Say Government Owes Them $29,084,500 for Land.

Washington.—Something of interest to students of Alabama history is developing from the suit filed by the Creek nation against the government for money claimed due in payment for lands ceded to the United States on 1814, said lands comprising 23,000,000 acres, "embracing almost all the present states of Georgia and Alabama and a large portion of the state of Mississippi."

This is the wording of the claim, but in 1814 the Creeks had jurisdiction not farther west than the rich country west of the Coosa, though ancestrally they had extended to Natchez land on the Mississippi. The land claim, therefore, appears to be considerably too large. The money value is figured at $1.25 an acre, or a total of $29,084,500. The land was undeveloped, much of it was hill and mountain land. The valuation is declared excessive.

The Creek war was fought not for the land the Creeks owned, but in order to punish those leaders and members of the nation who were aiding Great Britain in Great Britain's war with the United States. General Jackson's military operations were for the purpose of destroying the Creek nation's alliance with Great Britain against the American settlers of the coast region. At the end, when the Creek nation was crushed and the warring Creeks surrendered, a treaty of peace was entered into and Jackson was free to proceed against Pensacola, unhindered by the red man.

This suit was authorized by an act of congress in 1924, the Court of Claims being designated to give it a hearing.

CLASSIFIED ADS

SELL FRUIT TREES AND ORNAMENTALS on Commission. Permanent and steady work. Pleasant time. Thos Nursery Co., Waynesboro, Va. 7-15-2t

FOR RENT—Fine tobacco farm with six barns for 1926 and 50 acres of fine grass; about half in cultivation; good orchard; comfortable dwelling; all conveniences. Apply at once; possession ready to harvest crops and implements. Address D. MUNDY, Buffalo Station, Va. 6-24-3t

FOR SALE—Five passenger automobile in good condition, apply at this office.

FARM FOR SALE—I will sell farm of 337 acres, lots of woods, water, fruit, 2 good barns, good land for grain, grass or tobacco, cash balance 1, 2, 3, 4, 5 years. Terms to suit. CLEVENT, Appomattox, Va.

FOR SALE—Four good work mules. A. H. CLEMENT, Appomattox, Va.

Fine Pair Mules I will sell 11 hundred pound mules at bargain prices. Come and see them. J. H. CLEMENT

GAS ENGINE—We will sell H. P. gas engine, good as new. Big bargain. TIMES-VIRGINIAN

Ad in washing for sale at this office at 5 cents per hundred. TIMES-VIRGINIAN

Get Your

Ceiling
Siding
Flooring
Roofers

at

Appomattox Construction Co., Inc.

"Everything for Building"

Appomattox, :- Va.

For Dental Silver, Diamonds, points, false teeth valuables. Mail by return mail. Hoke S. & R. Co.

Appomattox and Steam Establi

Have your clothes pressed by the Satisfaction guar S. M.

Hail

Insurance

Old Reliable RATES REAS Flat Charge ACT

J. A.

General Insura Appomat

Get

Sash, Doors tels, and

Appo

Construction

"Everything for on Appomattox

Get Yo

Sheetrock Plaster Lime

at

Appo Construct Inc.

"Everything for Appomattox,

SAVE SAFE at you Rexa DRUG

Sha

Let us show you est creation of Master Perfume A complete line Accessories.

CHAS. F. JA The Rexall

TES-VIRGINIAN

SDAY, JULY 15, 1926

SONAL MENTION

bt. Irby is out again, eek's spell of sickness.

. Cheatham, and R. C. of Richmond, are Appomattox.

Ferguson has been appointed Inheritance Tax Commissioner of Appomattox county.

ulations to Mr. and G. Johnson, it's a by girl.

R. W. Wilkins left today . I. summer school.

rances Ford, of Fredg, is here on her vaca-

Veola Woolridge spent week-end in Crewe, Va.

Mrs. T. W. Va., is a guest me of Agent C. S. Me-

H. Gregory has gone mouth, O., to attend the of his friend, Mr. Doyle.

A. Burke has just re- from a business trip to

Hancock leaves Fri- St. Elizabeth Hospital at ton, where she will undergo ment.

Jane Burke is out again mild case of scarlet fever. r cases have been re-

and Mrs. Geo. Inge, and eturned to their home at ell last week after a visit ives.

L. Crawley has returned visit to his wife's people, uier. He also spent some the University of Va.

annual meeting of the W. of James River Associaets at New Hope Church, Va., July 20, 1926. All s requested to send dele-

W. M. S. of New Hope especially requests all es to be present July 20, ring basket and enjoy

Appomattox County Fair Catalogue is out—Dates Oct. 13, 14, and 15—Day and night.

Certificate of discharge of Lucian Woodson from Marion Hospital has been received from the hospital authorities.

Move in on foot for all the Appomattox churches to unite in a picnic at Y. M. C. Island at Lynchburg on the 28th July.

Judge Hutcheson will open Special term of his court here Tuesday.

Jessie Jones Wood, of Concord announces the engagement of his daughter, Josephine, to Richard Morgan, of Gladys. The wedding will take place in Aug.

Henry Cobb and Miss Pauline Davidson were united in marriage the past week, the ceremony taking place in Washington, D. C., and Mr and Mrs. Cobb will make their home in Buckingham.

The W. M. U. of Hollywood Church will give a lawn party on July 24th, beginning at 2:30 p. m. on church ground. They will sell ice cream, lemonade, and sandwiches.

Rev. Myers will continue the meeting at the Methodist Church here through next week. His sermons are attracting large congregations. Services 10 a. m. and 8 p. m. daily.

Cole Loving in charge of the new highway construction is rushing the work and will have road completed by August 1st. The Lynchburg road is expected to be finished by the 1st also, says Capt. Higginbotham.

A very pretty game of ball was witnessed by a small crowd at the Fair Grounds yesterday when Appomattox defeated the Brookneal Giants by a score of 5 to 1. Henderson and Finch accupied the mound for Brookneal while Tom Evans appeared for Appomattox.

Copious rains have brightened the faces of our farmers. These showers have been pretty general excepting a small strip of country from Campbell County line East to Wesley Chapel. The yield of wheat is fine—Will Mayberry sacked 703 bu. Phil Purdum 800—Who made the biggest yield in the county? Tell us.

APPOMATTOX ASSO.

On Wednesday and Thursday, July 21 and 22, the annual meeting of the Appomattox Baptist Association will be held with Ebenezer Church, near Naruna, Va. Those interested should be sure of these dates. A good program has been provided and the prospect is bright for a good meeting. Ministers and laymen of the Association will take part in the program and business, as well as prominent speakers from elsewhere. In the absence of the moderator, Rev. E. B. Crowell, who is on a European tour, Mr. W. E. Hailey, of Keysville will preside. There will be no public dinner on the grounds. All delegates, ministers and people interested in the work of the denomination are urged to attend. These, upon their arrival, will be assigned homes by the Hospitality Committee and they will be cared for throughout the entire session of the Association All expecting to go by rail should notify Miss Rosa Gilliam, Naruna, Va.

BIRTHDAY PARTY

A very pleasant surprise was given Mr. Tom A. Hancock Sunday in honor of his 80th birthday. Picnic dinners were brought by his nieces and nephews and great nieces and nephews, which consisted of all kinds of good things to eat. Nieces present were: Mesdames C. J. Stewart, John White, Jno. Whit Agee. Nephew, John Goff. Great nieces were Mrs. Samuel Marsh, Miss Madaline White, Miss Lillian Lerner. Great nephews, Samuel White, Kenneth White, Saunders White, John Goff, Jr. Others that joined the party were Mr. and Mrs. G. V. Campbell, Mr. Hugh Mitchell and Alton Marsh, all of Lynchburg. Judge Christian joined the party in the afternoon. After spending a pleasant day all left wishing him many more happy birthdays.

HIXBURG

All should be thankful for the recent and good rains and we believe they are. Threshing wheat is now the order of the day, crops are yielding much better than our farmers dared hope—another cause for gratitude to the Giver of all good.

Master Tom Gilliam, of Statesville, N. C., is visiting in the home of E. P. Sears.

Mr. Joel Watkins and daughter, Catherine, were recent visitors here.

Mrs. N. R. Featherston is visiting her home folk this week.

Mrs. Myrle Glenn and family are spending some time with Mr. and Mrs. Luther Glenn. The family reunion at this home on the 4th and 5th was an enjoyable occasion with most of the children and in-laws home for the week-end.

Master Stuart Abraham, of Alexandria, is spending the summer with his grand-mother, Mrs. Alice N. Harwood. Recent visitors in this home were Mrs. W. K. Graves and Miss Glenna James, of Bluefield, Va., John Abraham, of Alexandria, Va., Floyd Arnsby, of Washington, D. C., and J. P. Harwood, of Richmond.

The Hixburg 4-H Club held it's regular meeting July 10th with seven members present. We had the pleasure of enrolling three new members. Election of delegate to the Short Course at Hampden-Sidney made it possible for Gladys Coleman, Ellen Wilson, Eugene and Jim Sears to attend for the entire week and Curtis Sands from Wednesday on. The Club expects splendid reports on the return of said delegates.

GREAT SESQUI STADIUM OPENED AT PHILADELPHIA

Photo by AERO Service Corporation.

The giant arena in the centre of the Sesqui-Centennial International Exposition site in Philadelphia was built in approximately 300 working days. It was completed and in use a month before the opening of the big exposition which celebrates the 150th anniversary of the signing of the Declaration of Independence. This photograph, made from the air, shows nearly 2,000 boys on the playing field, massed there for the dedicatory exercises on May 1 which formally opened the structure. In the stands are seated 10,000 persons watching the program. A group of 10,000 persons is a large crowd but they are only a "drop in the bucket" in the big Philadelphia stadium. The boys paraded onto the field to the accompaniment of fourteen bands and there went through their drills and athletic exercises for the benefit of city officials and parents.

Mary Succeeds on Main Street

By LAURA MILLER

ON BEING A COUNTRY JOURNALIST

The University of Missouri recently discussed journalism as a career for women. Active forward-looking women told what they knew. Of city work—of necessity—an employee of a big paper spoke. Country journalism held the top of the ladder with an owner and publisher, Mrs. Anna Ewing—better known as Mrs. W. E.—of the Odessa (Mo.) Ledger. She is no grind, with her head buried in her inky presses. She has "interesting side-line occupations, as housekeeper and mother." She enjoys the distinction, among others, of being state chairman of the Democratic women of Missouri. And as for her job, here's part of her address to the university:

"I am speaking of country journalism—country county, where people arise when the lark is a-sing; where we eat our dinners, boiled dinners largely, in the middle of the day; where the prices of poultry, butterfat, corn, hogs and hides are vital statistics; where the heart is needed, tenderest hearted, most sympathetic, most helpful, most lovable people most do congregate.

"And the woman's field in this journalism? It is as some one aptly said of her sphere, it has no limit. In this woman's field there is no such phrase as 'I don't know.' You can't say that; it isn't done.

"I am not touching on the financial question; my method is stumped on most of our coins, and my success is always in the forefront of my mind when I sing the doxology. Nor am I going to say much on the subject of news. When your field is a small country community where everybody knows everybody else, often to the third and fourth generations—all their ups-things and downsittings, as it were —you get to feel as if it were all a part of yourself. Every time you write an item you think who will enjoy it. I know a world-renowned journalist said: 'What God has allowed to happen, I am not ashamed to publish.' Neither am I—if it happened in New Hampshire or California. But when fathers have talked heart-to-heart to you about their hopes, their fears, their disappointments for their children; when women have confided in you; when lovers have come to you for advice and comfort; when people have laid their hands on your shoulders and said 'Will you pray for me?' Oh, I tell you news has a new meaning. So has life!

"To me the thing that peculiarly differentiates the woman's field is the matter of service. Why, truly, there is not a life or death or birth, or anything a penny's weight of worth, but what a newspaper woman is in it. To be a newspaper woman takes a vast amount of courage, love, tact, bluff, a deep abiding sense of humor, and an unshakable faith in prayer."

HANNA'S

Green Seal Paint

High Quality
Moderate Price

Oils, Varnishes, Brushes, Putty, Etc.

Appomattox Construction Co., Inc.

"Everything for Building"

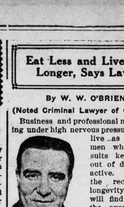
Appomattox, :: Va.

Eat Less and Live Longer, Says Lawyer

By W. W. O'BRIEN

(Noted Criminal Lawyer of Chicago.)

Business and professional men working under high nervous pressure do not live as long as men whose pursuits keep them out of doors and entitle the average the longest-lived men are soldiers, sailors and farmers, all avocations which tend to keep a man at his physical best.



W. W. O'Brien.

Man, in general, rolls down the hill of life fastest when his figure is round. "Leanness and longevity" is a good axiom for business men to remember. If office workers would eat a little less, they would add years to their lives.

Overfeeding is as dangerous to adults as underfeeding is to children. Foods difficult to digest, or which overstimulate, should be avoided by persons whose work does not require any particular amount of physical exercise. Yet thousands of business men eat as much as or more than men who do manual labor. And, inevitably, nature rebels and sickness results.

Many of the country's foremost executives eat but two meals a day, breakfast and dinner in the evening. They seek to keep the organs of the body from becoming clogged. Thousands of other business men confine themselves at noontime to cereals, puddings, soups and other sustaining dishes made with milk, or evaporated milk, which is milk in its most sterile form, from which 60 per cent of the water has been removed by evaporation. Such a diet is light and readily assimilated.

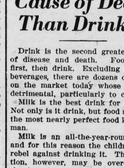
There is no more necessary lesson to be learned by the brain worker than how to keep well and healthy by proper attention to food habits.

Eating Greater Cause of Death Than Drinking

Drink in the second greatest cause of disease and death. Food comes first, then drink. Excluding alcoholic beverages, there are dozens of drinks on the market today whose effect is detrimental, particularly to children.

Milk is the best drink for children. Not only is it drink, but food as well—the most nearly perfect food known to man.

Milk is an all-the-year-round drink and for this reason the children often rebel against drinking it. This condition, however, may be overcome by the introduction of the mixed drink. Milk or diluted evaporated milk may be mixed with eggs or used in fruit juices or in some other way which will disguise the fact that the drink contains milk. In the hot summer months when the child naturally drinks more than in cooler weather, it is wise to vary the ways of serving milk, so as not to create a distaste for this important food.



In connection with mixed drinks, the following formulas for milk beverages may aid mothers in serving something new:

Iced Cocoa

2 tbsp. cocoa
2 tbsp. sugar
¼ cup hot water
Few grains salt
1½ cups evaporated milk diluted with
1½ cups water
¾ tsp. vanilla.

Scald the diluted milk in a double boiler. Mix cocoa, sugar, salt and add the hot water. Cook over a low flame from 10 to 15 minutes, stirring occasionally to prevent burning. Add to the cocoa the scalded milk; return to the double boiler and continue cooking for 10 minutes. Add vanilla, chill before serving. Pour into tall glasses which contain a few small cubes of ice. Serve plain or top with whipped cream sprinkled with cinnamon. Serves four.

Egg-Nog.

1 egg
Few grains salt
1 tbsp. sugar
Few gratings nutmeg
3-8 cup cold evaporated milk
diluted with
2-3 cup ice water
2 tbsp. berry or cherry juice or 2 tbsp. non-alcoholic sherry

Separate white from yolk of egg. Add salt to white and beat until stiff. Beat yolk until thick and lemon colored and add the fruit juices, nutmeg and sugar. Combine diluted milk with yolk mixture. Pour into a tall glass and put the egg white on top. Sprinkle top with chopped nuts and serve at once. Serves one.

Orange-Nog.

½ cup orange juice
Few grains salt
2 1-3 tsp. sugar
1-3 cup evaporated milk diluted with
1-3 cup cold water

Add sugar and salt to orange juice and pour slowly into the diluted milk, stirring to mix thoroughly. Chill before serving. One-half tsp. lemon improves this drink for many. Serves one.

$1.50

PAYS FOR

The Times-Virginian

One Whole Year

GO TO THE SEASHORE

VIA

Norfolk and Western Railway

FRIDAY, JULY 30th, 1926

Lv. Appomattox 9:31 a. m.
Ar. Petersburg 12:45 p. m.
Ar. Norfolk 3:30 p. m.
Lv. Norfolk 6:00 p. m.
Lv. Petersburg 8:50 p. m.

RETURN FARE

ROUND TRIP FARE FROM APPOMATTOX—$3.00

Tickets can be used to and from Petersburg. An opportunity for side trip to Richmond.

2—DAYS—2 at Norfolk, Virginia Beach, Cape Henry, Ocean View

Take a dip in the ocean, fishing, sailing and other sports.

Consult Ticket Agent for Additional Information

Blackstone College For Girls

BLACKSTONE, VA.

Thirty-third Session begins September 16, 1926

Religious life emphasized. Strong Christian home influence.

I. Junior College Course. Standard work. Diploma in two years. Special (Junior Collegiate) Certificate issued by the State Board of Education.

II. Teacher Training Course. One year of professional work. Elementary Certificate issued by Virginia State Board Elementary A Certificate issued by North Carolina State Board.

III. Secretarial Course. Typewriting, Stenography, etc.

IV. College Preparatory Course. Standard work.

Strong teachers of Art, Piano, Voice, Expression.

Splendid new fireproof buildings with modern equipment, healthful location. Easily accessible on the main line of the Norfolk & Western R. R.

Terms: College and Teacher Training Departments: Board, washing, fuel, lights, medical attention and tuition, including all literary work of these departments for the entire session, $350.00.
College Preparatory and Secretarial Departments: Board, washing, fuel, lights, medical attention and tuition, including all literary work in these departments for the entire session, $300.00.

For Catalog write Geo. P. Adams, Sec'y. & Treas.

W. B. Gates, Vice-President.

Now is the time for

PAINTING

LET US GIVE AN ESTIMATE ON YOUR WORK

'If it's Hardware we have it'

Ould-Lawson Hdw. Co.

Call for Pete or Dick

Some beautiful vilas and small lots For Sale in the town of Appomattox, Va. by A. H. CLEMENT.